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NEWS WORTH SHARING.

KIDS TAKE OVER THE KITCHEN

THE SECOND SEASON OF MASTERCHEF JUNIOR AMPS UP THE TALENT, SAYS HOST GRAHAM ELLIOT PAGE 13

Mom gets the whistle

Court orders woman to stop contacting her sons' hockey coaches, NHL officials PAGE 3

Legal action sought over ballot mix-up

Advance voting. Pair of One Surrey candidates were listed as unaffiliated, putting party at disadvantage, says mayoral contender

MATT KIELTYKA
matt.kieltyka@metronews.ca

Surrey mayoral hopeful Barinder Rasode says her party will explore legal action after the affiliation of two One Surrey candidates was left off advance voting ballots. CONTRIBUTED

Surrey mayoral candidate Barinder Rasode says her One Surrey party will take legal action after a ballot mix-up at advance poll stations.

Rasode says she began getting calls from concerned voters on Saturday that two candidates running under her One Surrey banner, Michael Bose and Maz Artang, were listed as unaffiliated on ballots.

"It's an egregious error, one that puts the One Surrey team at a disadvantage," she told Metro on Sunday. "We brand ourselves with the name. It's difficult to mention all the candidate names in a radio ad, so we use the name so voters know all of these people have signed up for the One Surrey platform."

Rasode says Bose's and Artang's paperwork was completed properly, and that the city's election officers admitted the mistake.

Advance polls at Cloverdale Recreation Centre, Sunnyside Hall and the city's election depot were temporarily shut down for about an hour to address the problem.

New ballots were printed, but the city says votes that were cast before the fix will still be counted.

Rasode was not happy with the city's response to the error, and she described a hypothetical situation where one of the candidates could lose out on a council seat because some voters at advance polls didn't know their affiliation.

"It speaks to the integrity of the process. All we want is fairness for all candidates," she said. "We've consulted a lawyer and we're moving forward with legal action."

The specifics of the legal action are expected to be announced Monday, she says.

Rival party Surrey First released a statement through campaign manager Stewart Braddick, calling for all votes cast on Saturday to be counted and to check whether Bose's and Artang's paperwork was completed properly (an insinuation Rasode called "ridiculous").

Braddick also expressed concern that all candidates weren't notified when polls were closed and that election officials were unable to be reached at the time.

Follow Matt Kieltyka on Twitter @Mkieltyka

NEWS 1

'Significant step'

Surrey asks feds to fund third of light rapid transit

Surrey has applied for federal funding, bringing its dream of light rapid transit one step closer.

The city confirmed Friday it has filed an application to the P3 Canada Fund for consideration as it looks to secure federal funding for the project.

"With Surrey's population growing so quickly, securing new rapid-transit options has been a top priority of mine," said Mayor Dianne Watts, who plans to switch to federal politics and is not seeking a new term as mayor. "This decision to have Surrey's application for federal funding move on to the next stage is a significant step forward in making a light-rail transit system a reality in our city."

The city hopes federal money will pay for a third of the project, with the province and region chipping in for the rest.

Work continues with TransLink to refine the LRT design and come up with cost estimates.

The city acknowledges a regional referendum on transit funding, mandated by the provincial government, still looms large for any future plans and intends to make "garnering public support" a priority.

While crime and public safety has been the dominant election issue for the three mayoral frontrunners — Linda Hepner, Doug McCallum and Barinder Rasode — a recent Insights West poll identified transportation as the second-biggest issue in the city.

MATT KIELTYKA/METRO

A customer replaces the gas-pump nozzle after filling up at a Chevron station in Phoenix, Arizona. ROSS D. FRANKLIN/THE ASSOCIATED PRESS FILE

Campaigns get dirty over oil in schools

Chevron's Fuel Your School program. NPA and Vision go on the offensive before vote

EMILY JACKSON
emily.jackson@metronews.ca

Vancouverites have a choice between a mayor that is dangerously friendly to Big Oil or one that pushes his ideology and refuses to listen — well, at least according to the attack ads.

With less than two weeks until the Nov. 15 election, ruling party Vision Vancouver and its main opponent the Non-Partisan Association (NPA) have taken a negative turn in their campaign strategies.

Vision released a radio ad Sunday claiming NPA mayoral candidate Kirk LaPointe was "dangerous" because he hasn't outright opposed Kinder Morgan's plan to expand its pipeline and that he supports Chevron donations to the school board.

The ad also mentioned that LaPointe doesn't live, work or pay taxes in Vancouver. He lives at UBC, a different municipality, and works on the North Shore.

The NPA attacked Vision on the same topic, stating the party's "ideological blinkers and failure to consult" prevented it from accepting money from Chevron's Fuel Your School program.

The program, which operates in Burnaby, North Vancouver, Surrey and Coquitlam, among other municipalities, donates $1 for every 30 litres of fuel purchased at local gas stations. Teachers apply for funding for classroom science projects, which are funded on a first-come, first-served basis.

Vision rejected the donations because the corporation would be funding classrooms directly.

The NPA believes that decision puts Vancouver children at a disadvantage compared to their peers in neighbouring municipalities that were happy to accept the cash.

"Vision is single-minded in advancing its ideology, in this case to the detriment of Vancouver schools and students," LaPointe said in a statement.

School board chair Patti Bacchus, however, defended the decision because the program puts teachers in a position where they have to apply for funding and report back on their projects.

"You now have teachers being accountable to Chevron," she said. "We think it's a slippery slope."

She also noted that Vancouver has a goal to be the "greenest" school district and questioned if Chevron would be a "good fit" as a donor.

Vote looms

To see candidate profiles, visit vancouver.ca/vote.

- Advance polls open Tuesday.

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Kinder Morgan to file court action against protesters

Company asking for injunction. One person even crawled under a survey crew's SUV, refused to leave

Lawyers for Trans Mountain pipeline will be back in B.C. Supreme Court next Wednesday to seek an injunction against protesters who have blocked survey work in a conservation area in Metro Vancouver.

The subsidiary of energy giant Kinder Morgan filed two separate court actions against protesters, after demonstrators confronted Trans Mountain crews on Burnaby Mountain last Wednesday. One person even crawled under a survey crew's SUV and refused to leave.

The company is asking for an injunction preventing protesters from blocking its crews from doing work on the expansion project on Burnaby Mountain.

The company is also asking for damages and costs in a civil lawsuit over what it claims is trespass, assault and intimidation by protesters who chased away workers.

Justice Miriam Gropper heard Friday that the lawsuits were served against the defendants less than a day before. She said holding a hearing on Monday on the injunction would not give the defendants enough time to prepare.

But she also said pushing the hearing back a full week to Nov. 10 was unjustified, too, because the defendants likely anticipated the company's application.

Gropper also turned down a request by Neil Chantler, who is representing one of the defendants, to issue a stop work order.

"I don't have any basis at this point to issue, or jurisdiction for that matter, to issue a stop work order, and don't have any evidence to support such an order," she said.

Chantler told Gropper that he struggled to respond to her decision.

"This entire situation arose last night," he said. "I am a sole practitioner of a busy practice."

Lawyer Casey Leggett, who represents two defendants named in the court proceedings, Lynne Quarmby and Stephen Collis, said outside of court he respected the ruling.

"We've got a little bit more time, which is what we wanted so now it's time to move ahead and look ahead and not look back at this relatively minor application," he said.

Kinder Morgan's lawyer Bill Kaplan told reporters he understands why the judge would want to give the other side time to respond, calling the issue a "serious matter."

"They were aware that the reaction of Trans Mountain would be to seek injunctive proceedings, and those will proceed on the fifth and they'll have a right to make their submissions at that point and so will I," he said of the defendants named in the lawsuits.

Xenoa Skinteh fortifies a shelter on Burnaby Mountain on Thursday. Lawyers are in court this week to seek an injunction against protesters who are blocking survey work. JENNIFER GAUTHIER/METRO FILE

Court documents say the company's inability to conduct the field studies because of the protesters' actions means its plan to expand the Trans Mountain pipeline will be delayed and cost both the firm and investors money.

THE CANADIAN PRESS

Judge orders mom to stop contacting son's hockey coaches

A chief judge has taken the unusual step of ordering a mother whose sons are junior hockey stars in the Vancouver area to stop contacting her sons' coaches and National Hockey League officials.

B.C. Supreme Court Chief Justice Chris Hinkson granted the restraining court order at the request of the boy's father, who told the court that his two hockey-playing sons were embarrassed by their mother sending emails to their coaches, school principals and others.

The court was told that the mother has sent hundreds of emails to people involved in her sons' hockey teams in the past and has caused commotions at their hockey games, including assaulting one son's coach.

The court was also told that the mother does not approve of the involvement of Mike Babcock, the coach of the Detroit Redwings Hockey team, in one son's hockey team and sent an e-mail earlier this year to 13 people at the Detroit Red Wings NHL hockey team.

The father's evidence was that he was told by Vancouver Giants hockey team coach Don Hay and Giants majority owner Ron Toigo that because of the mother's behaviour, they picked other players for their team and not the oldest of the two sons, who now is 17.

Professional hockey coach Shane Kuss, who received almost daily emails from the mother in 2010, decided that the same son was not welcome to join the spring team in 2010 because of the "emails and the anxiety that they cause both in our home and at the rink are just too much to manage," the court was told.

The judge concluded the mother's conduct was harassing and embarrassing to her children.

Hinkson ordered the mother to have no direct or indirect communication with any third parties involved in the care of her children, including their principals, teachers, and others involved in their education and school sports programs, and to have no contact with the children's coaches, team managers, trainers and others involved in their extracurricular sports programs.

The order arose from a divorce case, where the mother has repeatedly tried to vary a 2008 court order that granted the father sole custody of his three kids. NEAL HALL/METRO

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Kelowna. Passenger killed in attack on a bus

Passengers and the driver on a transit bus in Kelowna looked on in horror as a man allegedly fatally stabbed another passenger, before running from the scene in what police say was a random attack.

RCMP Const. Kris Clark said the 55-year-old male victim died on the bus early Thursday evening.

"According to witnesses, as the male suspect left the bus he made a shoving motion toward the victim," Clark said. "The victim was found immediately after suffering from a serious injury, which resulted in his death."

On Sunday, CBC reported that court documents named Tyler Jack Newton, 24, as the man charged with second-degree murder.

Les Milton, president of the Kelowna local of the Amalgamated Transit Workers union, said it was a rough night for passengers and the bus driver.

The passenger is believed to have been stabbed in the neck when the bus pulled over at a regular stop, Milton said.

BC Transit and its operating company FirstCanada ULC "are deeply saddened by this violent and tragic attack," Transit spokeswoman Maribeth Burton said.

THE CANADIAN PRESS

Election. Man files human rights complaint over locations of advance polls

A Vancouver man has filed a complaint with the B.C. Human Rights Tribunal claiming the city's most vulnerable people are being shut out of voting in advance polls for the Nov. 15 civic election.

Mark Handley says in a statement that the locations for the advance polls are too far away from Vancouver's Downtown Eastside, where many of the city's homeless and poor live.

His complaint says poor people living in the Downtown Eastside, East Hastings, Mount Pleasant and the Grandview-Woodlands neighbourhoods are being discriminated against, with preferential treatment given to wealthier people living on the Vancouver's west side.

Handley says the east side's advance polling stations are an average of 50 blocks away from the downtown core and many of the area's poor can't afford to travel outside of their neighbourhood.

He adds that many people in those neighbourhoods can't register to vote because they don't have access to a computer.

Vancouver human rights lawyer Barbara Findlay says there are five advance polling stations on the city's west side, while the east side has three and they aren't easily accessible. THE CANADIAN PRESS

Surrey

Blaze damages building at sawmill

Fire has caused extensive damage to a building at a Surrey sawmill, where two other blazes have occurred in recent years.

Deputy fire Chief Karen Fry says the structure at the Mackenzie mill was in the process of being demolished. She says the owners of the mill were trying to get the mill operational since the last fire in 2011, following another one several months earlier in 2010.

Fry says a preliminary investigation indicates that there was no suspicious activity. THE CANADIAN PRESS

Victoria

Man fatally shot by cops after 911 call

A man has been shot and killed by police responding to a 911 call from a home in Victoria.

Chief Frank Elsner says officers were confronted by the man when they arrived at the house at about 11 a.m. Saturday.

The Independent Investigations Office has been deployed to Victoria, and Elsner says his department will facilitate an investigation into what happened.

The IIO says several investigators, including a forensics specialist, will be at the scene.

The civilian-led agency investigates all police-involved injuries and deaths in B.C. THE CANADIAN PRESS

The B.C. Centre for Disease Control says the number of enterovirus D68 cases doubled last week. THANDI FLETCHER/METRO

Enterovirus D68 cases double in a week: B.C. CDC

119 cases confirmed. Lead epidemiologist for the B.C. Centre for Disease Control says the number of cases is expected to decrease as temperatures drop

THANDI FLETCHER
thandi.fletcher@metronews.ca

The number of confirmed enterovirus D68 cases in the province has more than doubled in the past week, according to new figures from the B.C. Centre for Disease Control.

As of Oct. 30, the B.C. provincial laboratory has confirmed 119 cases of enterovirus D68, compared to 56 confirmed cases a week ago, the health agency reported in its weekly provincial flu surveillance bulletin.

The increase in confirmed cases follows the death two weeks ago of a Lower Mainland man in his early 20s who had contracted the illness.

At the time, Dr. Danuta Skowronski, lead epidemiologist for the B.C. Centre for Disease Control, told reporters she expected to see an increase in confirmed cases in the coming weeks as flu season gets underway.

However, she said, the number of cases is expected to decrease as temperatures drop.

"Enteroviruses like the summer and fall," she said. "As we get deeper into the fall, we ought to see some natural fade-out of enteroviruses. The winter is not their preferred seasonality."

The ages of patients infected with the virus range from less than one year old to over 80, with 73 of the confirmed cases in children up to the age of nine.

Another 15 confirmed cases are in youth aged 10 to 14, and five are from 15 to 19. Twenty-six of the confirmed cases are in adults older than 20.

The cases come from all health authorities in the province, and the majority of cases — 58 per cent — are male, the reasons for which are unclear.

Another three patients with confirmed enterovirus D68 have also developed symptoms of paralysis, but doctors aren't sure to what extent the virus is responsible for the symptoms.

Enterovirus D68 is a rare virus that can cause severe breathing problems in children, especially those with asthma.

Most people who become infected enterovirus D68 will experience symptoms no worse than a mild cold, but people of any age with underlying respiratory conditions like asthma are at risk of complications from the illness.

Since mid-August, an outbreak of the virus in North America has sent a rash of children and young people to hospital.

As of Oct. 31, the U.S. Center for Disease Control and Prevention reported 1,105 people in 47 states with laboratory-confirmed enterovirus D68 in the U.S.

Skowronski urged people with asthma or other underlying respiratory conditions to seek medical care if they experience shortness of breath.

"You won't know if you have D68," she said. "But generally, people with asthma, when they have respiratory viruses that can trigger an exacerbation, it sometimes requires urgent care to recover from that."

Fallujah, Iraq. Canadian warplanes launch first airstrike against ISIS

Canadian warplanes involved in the American-led bombing campaign against Islamic State of Iraq and al-Sham (ISIS) militants in Fallujah had their baptism of fire on Sunday, launching the first air strike since deploying to the region.

Two CF-18 fighter jets attacked targets near Fallujah, roughly 70 kilometres west of Baghdad, a statement from Defence Minister Rob Nicholson's office said.

"Coordinated with our coalition partners, two CF-18s attacked (ISIS) targets with GBU12 (500-pound) laser guided bombs," the statement said. "The approximately four hour mission included air-to-air refueling from Canada's Polaris aircraft."

The three aircraft all safely returned to their base in Kuwait, the statement said, adding that an assessment of the damage was being done.

THE CANADIAN PRESS

Meanwhile ...

Brig.-Gen. Hussam Alawak, a senior member of the opposition to the Syrian government's regime, says Canada's time, effort and money would be better spent training ground forces to retake territory from ISIS in both Iraq and Syria, rather than on a bombing campaign.

French president's first official trip to Western Canada

French President François Hollande, left, and Prime Minister Stephen Harper walk around on Sunday in Banff, Alta. Hollande is the first French president to make an official visit to western Canada. Harper met Hollande in Calgary and the two made the 90-minute trip to Banff by car. They were expected to discuss greater co-operation on international security and threats, trade and economic development, innovation, and broader ties. PHOTO: JEFF MCINTOSH/THE CANADIAN PRESS; STORY: THE CANADIAN PRESS

Spookland. Police probing allegations of sexual assault at Halloween party

A 16-year-old girl was found naked, unconscious and drugged with the date-rape drug GHB after a Halloween party at a Quebec resort Friday night.

Police in west Quebec are now investigating three separate instances of alleged sexual assault at the Spookland Halloween party at Mont Cascades Resort in Cantley, Que. — a party that clearly got out of control after nine revellers were transported to hospital for drug and/or alcohol poisoning.

When police arrived, it was near chaos, said MRC des Collines Police spokesman Martin Fournel. Police were tending to several young partiers who were unconscious from either drinking too much or taking unknown pills, Fournel said. "When our officers got onsite, they found one (unconcious youth) in the school bus, some in the parking lot," said Fournel.

"There was way more people that we couldn't help — being sick and puking and being dangerous, but they had to deal with the most important cases."

One such case was the 16-year-old discovered on the grounds of the ski hill "barely dressed" and unconscious. Toxicology tests revealed the girl had GHB in her system, said Fournel.

Two other girls aged 16 and 17 also reported being touched inappropriately while they waited in line for the event.

TREVOR GREENWAY/METRO IN OTTAWA

U.S. paper takes flak for outdated Ghomeshi piece

Pittsburgh Post-Gazette. Paper printed profile on Ghomeshi as part of promotional supplement without mentioning abuse allegations

A Pittsburgh newspaper was left scrambling to explain on Sunday why a profile of former CBC radio host Jian Ghomeshi was reprinted in an advertising supplement without mentioning the abuse allegations that led to his termination.

A profile of Ghomeshi was on the front page of the Pittsburgh Post-Gazette promotional supplement that was sent to non-subscribers of the paper on Sunday. The write up, featuring an August interview with Ghomeshi on his thoughts on life as an immigrant, first ran in the paper and online on Oct. 19.

The paper posted an explanation on its website Sunday explaining the advertising supplement was printed on Oct. 23, three days before Ghomeshi's firing and the start of a number of reports containing allegations from women who say they were physically or sexually assaulted.

The "promotional advertising vehicle" contains "evergreens," stories the paper considers its best work, executive editor David Shribman said.

Due to a schedule that sees the promotion printed 11 days in advance there was no way they could have pulled it back in time, Shribman explained.

In 2010, Ghomeshi's show, Q, achieved syndication in the U.S. care of Public Radio International. The show airs on more than 180 stations — including in Pittsburgh.

As many as nine women have alleged in media reports that Ghomeshi abused them physically and sexually. Toronto police have launched an investigation after three women came forward with accusations.

Neither he nor his lawyer have commented on the police investigation, but Ghomeshi said Thursday he would meet the allegations "directly," and said he won't discuss "this matter" further with the media.

Ghomeshi wrote in a Facebook post that he has had "rough sex" with women, but insisted it was consensual.

Ghomeshi has launched a $55-million lawsuit against the CBC for breach of confidence. He filed a grievance alleging defamation, a source said. A CBC memo issued last week said Ghomeshi was fired after senior executives saw "graphic evidence that Jian had caused physical injury to a woman."

THE CANADIAN PRESS

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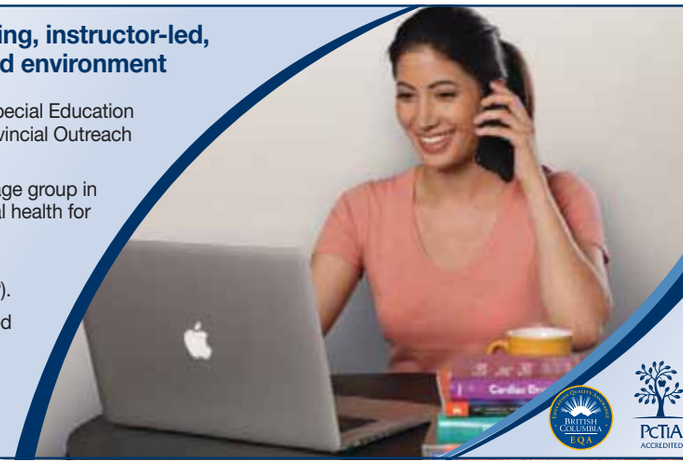


Blizzard the bear cub enjoys a fish feast

The newest polar bears at Assiniboine Park Zoo, Star and Blizzard, have made their public debut at the International Polar Bear Conservation Centre. Their names were selected by the public in a vote on Facebook. Name options had been suggested by children at three northern Manitoba schools. The 11-month old cubs were found by conservation officials near Gillam in September. They were likely orphaned after their mother fought to the death with a male bear who was trying to eat them, according to Dr. Brian Joseph, director of zoological operations. COLIN FAST/FOR METRO IN WINNIPEG

Canada leads effort in Inuit suicide prevention

Across the circumpolar world. Common thread is age and rapid cultural displacement

Canada is leading an international effort to pull together the most effective ways to prevent suicide among aboriginal youth in the Arctic, an ongoing tragedy across the circumpolar world.

This month, officials from the eight countries that ring the North Pole gave final approval for researchers to visit northern aboriginal communities to study how they're dealing with the problem.

Nunavut's chief coroner called a special inquiry in January after 45 people killed themselves in 2013 — a significant increase from the previous high of 34.

That record number put the territory's suicide rate at 13 1/2 times the national average.

But it's bad elsewhere, too.

Suicide rates among Alaskan aboriginals are about three times the United States average. In Greenland, 2010 government data reported about one suicide a week in a population of about 56,000.

Statistics in Norway, Sweden and Finland for the aboriginal Saami population are difficult to tease out. But available data suggests suicide and mental health are issues in their communities as well.

"I think that's clearly why the Saami health leadership as well as the government of Norway is supportive of this project," said Malcolm King, science director for the Canadian Institutes of Health Research, which is co-ordinating the project.

Teams are already at work in the participating countries of Canada, the U.S., Norway, Sweden and Denmark, King said. He's hoping Russia, which is also said to suffer high Arctic aboriginal suicide rates, will join.

Suicide across the circumpolar world seems to have some common features, said King. It affects predominantly young people up to their mid-20s, and seems to involve rapid cultural displacement that Arctic people faced as southern governments exerted their authority over their northern regions. THE CANADIAN PRESS

Decades-old bombing. Ottawa man wanted by France seeks appeal

An Ottawa man facing extradition to France in a terrorism case says the Supreme Court of Canada should hear his appeal due to crucial questions about the use of untested intelligence in a criminal prosecution.

In arguments filed with the Supreme Court, lawyers for sociology professor Hassan Diab say France's reliance on secret information raises fundamental issues of constitutionality and procedural fairness.

The Canadian government says Diab's request for a high-court hearing "raises no issue of public importance" and should be dismissed.

French authorities suspect Diab, 60, was involved in the anti-Semitic bombing of a Paris synagogue in 1980 that killed four people and injured dozens of others — an allegation Diab denies. THE CANADIAN PRESS

U of C. Students fear 'premium' dorms will create class system

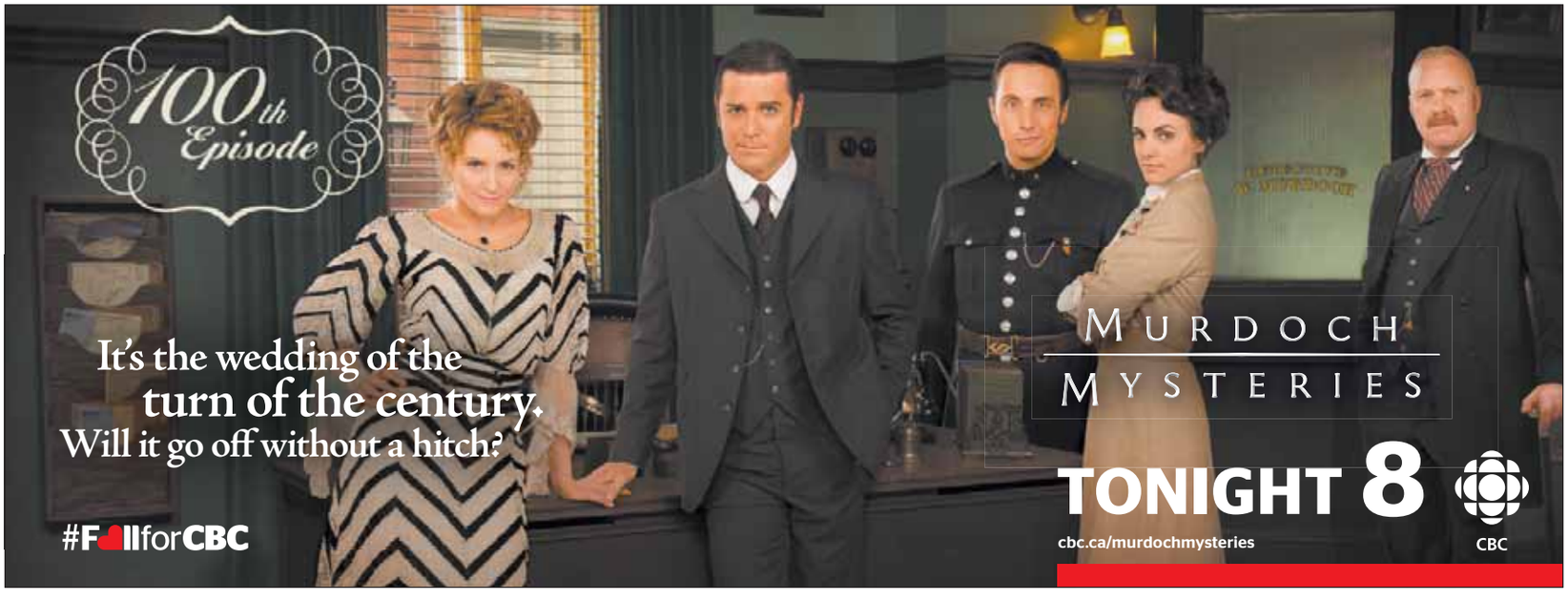
University of Calgary students' feathers are ruffled after learning that administrators plan to charge a "premium" rate for soon-to-open dorms offering an apparent bird's-eye view.

Students in top-level dorms will dole out an extra $100 per month.

But Austin Baecker, president of the campus residence students' association, said he believes the tiered approach to student housing will create a "social stratification" scenario.

"It's not necessary ... you'll have the upper class on the top floors, the middle and lower class on the rest of the floors," he said.

But Voula Cocolakis, executive director of ancillary services, noted the U of C already charges varying rates for students wanting to live alone, compared to those willing to share a space with one to three peers. JEREMY NOLAIS/METRO IN CALGARY



Climate change is almost entirely humankind's fault: UN panel report

'Leaders must act.'
States have the means to reduce emissions, may need to decrease outputs to zero this century to stabilize global temperatures

Climate change is happening, it's almost entirely the fault of humans, and limiting its impacts may require reducing greenhouse gas emissions to zero this century, the UN's panel on climate science said Sunday.

The fourth and final volume of the Intergovernmental Panel on Climate Change's giant climate assessment didn't offer any surprises, nor was it expected to, since it combined the findings of three earlier reports released in the past 13 months.

Sleep-deprived delegates approved the final documents Saturday afternoon after a weeklong line-by-line review in Copenhagen that underscored that the IPCC process is not just about science. The reports must be approved both by scientists and governments, which means political issues from UN climate negotiations, which are nearing a 2015 deadline for a global agreement, inevitably affect the outcome.

The documents underlined the scope of the climate challenge in stark terms. Emissions, mainly from the burning of fossil fuels, may need to drop to zero by the end of this century for the world to have a decent chance of keeping the temperature rise below a level that many consider dangerous. Failure to do so, which could require deployment of technologies that suck greenhouse gases out of the atmosphere, could lock the world on a trajectory with irreversible impacts on people and the environment, the report said. Some impacts are already being observed, including rising sea levels, a warmer and more acidic ocean, melting glaciers and Arctic sea ice and more frequent and intense heat waves.

An iceberg melts in Kulusuk, Greenland, near the Arctic Circle in this August 2005 file photo. The UN's panel on climate science says climate change is happening, and it's almost entirely the fault of humankind.
JOHN MCCONNICO/THE ASSOCIATED PRESS/THE CANADIAN PRESS

"Science has spoken. There is no ambiguity in their message. Leaders must act. Time is not on our side," UN Secretary-General Ban Ki-moon said at the report's launch in Copenhagen.

Amid its grim projections, the report also offered hope. The tools needed to set the world on a low-emissions path exist; it just has to break its addiction to the oil, coal and gas that power the global energy system while polluting the atmosphere with heat-trapping CO2, the chief greenhouse gas.

"We have the means to limit climate change," IPCC chairman Rajendra Pachauri said. "All we need is the will to change, which we trust will be motivated by knowledge and an understanding of the science of climate change."

The report is meant as a scientific roadmap for the UN climate negotiations, which continue next month in Lima, Peru. That's the last major conference before a summit in Paris next year, where a global agreement on climate action is supposed to be adopted.

THE ASSOCIATED PRESS

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Suicide bomber kills 54.
Explosion rocks Wagah border checkpoint

A suicide bomber detonated explosives near a Pakistani paramilitary checkpoint near the country's eastern border with India on Sunday, killing at least 54 people in the deadliest attack to hit the country in several months, police and government officers said.

The explosion hit near the checkpoint at the Wagah border crossing as hundreds of people were returning from a military parade on the outskirts of Lahore, provincial police chief Mushtaq Sukhera said.

The death toll was likely to rise because over 100 people were wounded, with several in critical condition, Sukhera said.

Police are investigating the bombing, and had intelligence reports in advance that there could be such a blast in the city, he added.

The suicide bombing was the deadliest attack in Pakistan since the military launched the offensive in mid-June. THE ASSOCIATED PRESS

Religion

Israel passes bill to ease conversions

Israel's Cabinet has passed a charged bill aimed at easing conversion to Judaism in Israel.

Sunday's vote comes after much political wrangling and pressure from ultra-Orthodox parties on the prime minister to shelve the bill for fear of losing their monopoly over matters of church and state in Israel. Under the new reform, municipal rabbis will be allowed to hold special conversion courts, thus expanding those entitled to perform conversions. THE ASSOCIATED PRESS

Woman gets a year for volleyball game protest

Found guilty. Iranian-British dual citizen sentenced to one year in prison for anti-regime demonstration at Iranian match

An Iranian-British woman detained while trying to attend a men's volleyball game in Iran has been found guilty of spreading propaganda against the ruling system and sentenced to a year in prison, her lawyer said Sunday.

Britain immediately raised concerns about Ghoncheh Ghavami's trial. The case highlighted the limits to free expression inside Iran and efforts by authorities to enforce strict interpretations of Islamic norms despite a policy of greater openness pursued by President Hassan Rouhani.

The 25-year-old woman's brother, Iman Ghavami, said the family had been hoping she would be set free based on time already served since her June arrest. They are still trying to get official details of the verdict, he said.

"We're disappointed and kind of shocked. We really hoped she'd be released," he told The Associated Press.

His sister's lawyer, Mahmoud Alizadeh Tabatabaei, said in an interview that a court found her guilty of "propagating against the ruling system." Tabatabaei said he was shown the text of the verdict but is still waiting to receive it officially.

"I was told at the court today that my client's case has been referred back to the prosecutor because Ghavami is facing new charges. So, the verdict was not given to me,'" he said.

Ghavami was detained in June at Tehran's Freedom Stadium after trying to attend a men's volleyball match.

Ghoncheh Ghavami FREE GHONCHEH CAMPAIGN/THE ASSOCIATED PRESS

Ghavami was held along with the other protesters for a few hours before being released. She was detained again a few days later and stood trial last month. Her brother said she had no access to her lawyer until it came time for her court hearing. THE ASSOCIATED PRESS

†Subject to credit approval. To be eligible, patients must complete the Custom LASIK procedure on both eyes by January 15, 2015. Cannot be combined with any other offer or discount. *Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

Fight against Ebola quarantine was for fellow workers: Nurse

Maine. The U.S. nurse says she was fighting to help protect the rights of other medical professionals returning from West Africa

A Maine nurse, who successfully fought a state quarantine for health-care workers who have treated Ebola patients, said she had no option but to challenge how medical professionals were being treated and is hopeful that others who return from West Africa won't face the same reaction.

Kaci Hickox said in an interview with the Maine Sunday Telegram that she was fighting for the rights of other U.S. medical workers who are trying to bring the deadly outbreak under control in West Africa.

After she arrived in Maine last week, state health officials went to court in an attempt to bar her from crowded public places. A judge ruled Friday she must continue daily monitoring of her health but can go wherever she pleases. Maine Gov. Paul LePage said he disagreed with the ruling but would abide by it.

"I hope in six months aid workers returning back can be unnoticed," Hickox told the newspaper. "They won't be in the media like I was, I hope. And they can walk into a grocery store and maybe no one even knows they were working in a country with Ebola, but one day I hope everyone can know and still smile at them in the grocery store. I know that won't happen today."

Hickox, 33, told the newspaper that she will respect the wishes of town residents and avoid going into town during the illness's 21-day incubation period, which for her ends Nov. 10. She was criticized by some who said she wasn't considering the public's well-being by resisting the quarantine.

Hickox went to Sierra Leone this summer with Doctors Without Borders when the Ebola outbreak erupted.

THE ASSOCIATED PRESS

Nurse Kaci Hickox is accompanied by her boyfriend, Ted Wilbur, as she speaks to reporters outside their home Friday in Fort Kent, Maine. ROBERT F. BUKATY/THE ASSOCIATED PRESS

Seniors high on benefits of medical pot in Florida?

Beth Ann Krug, 61, of Del Ray Beach, Fla., speaks during a debate on medical marijuana in Boca Raton, Fla. J PAT CARTER/THE ASSOCIATED PRESS FILE

The debate over legalizing medical marijuana in Florida constantly generates talk of young people potentially flooding the polls. But seniors are the most reliable voters and could be key to the outcome of the measure.

Floridians are set to vote Tuesday on Amendment 2, says the Tampa Bay Times. According to the Times: "Under Amendment 2, doctors would certify that patients with debilitating conditions could benefit from marijuana. Licensed dispensaries would sell it."

Though polling on Amendment 2 has been erratic, seniors have been showing a level of interest in the initiative that underscores the fact they may benefit most from its passage.

Older people have turned up at events across the state, even when they've been intended for more youthful crowds. Such was the case at a recent forum at Broward College: It was held at an on-campus theatre, with a promise of pizza for the droves of young people who passed by. But inside, the audience was full of faces far older than expected.

The most ardent supporters of medical marijuana say it hasn't just cut out other drugs' side effects, but has relieved symptoms in ways those drugs couldn't.

Beth Ann Krug, 61, of Delray Beach, Fla., travelled to Colorado earlier this year to see if marijuana could help her Parkinson's disease. She was amazed: Within 20 minutes, she said, her tremors were gone for the first time in years. She has not used marijuana since because she refuses to get it illegally and worries her full-time volunteer position would be jeopardized because they do drug testing.

THE ASSOCIATED PRESS

Foggy results

Polls on Amendment 2 have varied widely. Most observers believe senior support is somewhere in the middle of these two surveys.

- An October poll found about 37 per cent of voters 60 and older support Amendment 2.
  A July survey found 83 per cent of Florida voters aged 65 and older supported medicinal marijuana.

One-voiced media?

Egyptian journalists fight editors over freedom of speech

Several hundred Egyptian journalists have rejected a recent policy declaration by newspaper editors pledging near-blind support to the state and banning criticism of the police, army and judiciary in their publications, arguing that the move was designed to create a one-voiced media.

In a statement posted Sunday on social media networks, the journalists said fighting terrorism was both a duty and an honour but has nothing to do with the "voluntary surrender" of the freedom of expression as outlined in the editors' Oct. 26 declaration.

THE ASSOCIATED PRESS

Sri Lanka

At least 5 dead, 33 still missing in tea plantation mudslide

Sri Lanka has so far confirmed that five people died and 33 remain missing in last week's mudslide at a central tea plantation as authorities continue to struggle to determine how many people were buried.

The Disaster Management Center noted in its report Sunday that the figures could change as rescue workers continue to search for bodies in the debris at the Koslanda plantation in Badulla district, about 220 kilometres east of Colombo.

Sri Lanka, formerly called Ceylon, is one of the world's leading tea producers. THE ASSOCIATED PRESS

Egypt

Alleged same-sex wedding party leads to prison sentences

An Egyptian court on Saturday convicted eight men for "inciting debauchery" following their appearance in an alleged same-sex wedding party on a Nile boat, sentencing each of them to three years in prison.

The Internet video shows two men exchanging rings and embracing among cheering friends. The eight were detained in September when a statement from the office of Egypt's chief prosecutor said the video clip was "shameful to God" and "offensive to public morals."

THE ASSOCIATED PRESS

Scientists send robot chicks to spy on penguins

March of progress.
Fake wheeled babies let researchers get close enough to monitor the vital signs of notoriously flighty flightless birds

The newest tool for biologists is the baby penguin robotic spy.

It's pretty darn cute, and so convincing that penguins essentially talk to it, as if it is a potential mate for their chicks.

Emperor penguins are notoriously shy. When researchers approach, these penguins normally back away and their heart rate goes up.

That's not what the scientists need when they want to check heart rate, health and other penguin parameters.

So international scientists and even filmmakers, led by Yvon Le Maho of the University of Strasbourg in France, created a remote control rover disguised as a chick to snuggle up to shy penguins in Adelie Land, Antarctica, where researchers watched from more than 200 metres away.

The first disguised version of the rover, made of fibreglass, didn't pass muster and scared the real birds, Le Maho said.

Researchers tried about five versions until they hit upon the right one. It's covered in grey fur, sports black arms, and has a black-and-white painted face and black beak.

The penguins didn't scamper away and even sang to it with "a very special song like a trumpet," Le Maho said.

THE ASSOCIATED PRESS

This photo provided by Frederique Olivier/John Downer Productions shows a remote-controlled roving camera camouflaged as a penguin chick in Adelie Land, Antarctica. FREDERIQUE OLIVIER/DOWNER PRODUCTIONS/THE ASSOCIATED PRESS

Nik Wallenda arrives safely at the end of his rope

Daredevil Nik Wallenda makes his tightrope walk uphill at a 15-degree angle, from the Marina City west tower across the Chicago River to the top of the Leo Burnett Building, past the Aqua Building, shown in background, on Sunday in Chicago. Wallenda successfully walked uphill at a 15-degree angle from the Marina City west tower to the top of a skyscraper on the other side of the river. And then he walked blindfolded between the two Marina City towers. The event was televised live to millions around the world. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

Florida

Space program workers help unveil shuttle monument

A 4.4-metre-tall shuttle monument of stainless steel and granite has been unveiled on Florida's Space Coast.

The U.S. Space Walk of Fame Museum led efforts to create the $350,000 monument bearing six black panels displaying information on shuttle missions and ground operations.

Reports say dozens of retired and current space program workers attended Saturday's dedication at Space View Park in Titusville.

Fred Gregory, an astronaut who logged three shuttle missions, said the monument honours those on the ground who helped the astronauts reach space.

THE ASSOCIATED PRESS

Montenegro

Riot police help gay activists hold peaceful march

Protected by hundreds of riot police, about 200 gay activists marched peacefully on Sunday in Montenegro, a staunchly conservative Balkan country seeking EU membership.

Carrying banners, gay activists gathered in the capital, Podgorica, as police were heavily deployed, practically blocking the city centre.

No incidents were reported, unlike in previous years when police fought right-wing extremists and gay activists had to be evacuated.

Police said they questioned nearly 100 potential troublemakers and found a sack of flammable materials.

THE ASSOCIATED PRESS

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Could you strike gold by investing in oil?

HOW TO ROLL
Alison Griffiths
investing@metronews.ca

Who would have thought that the world would suddenly be awash with oil, driving the price per barrel under $80, last Monday, for the first time since 2012? In fact the price per barrel has dropped 27 per cent since a mid-summer high of $107.

Now Goldman Sachs is predicting that oil will drop to $70, causing much speculation about cancellation of or, at least, a slow down of oil construction and pipeline projects. And of course the oil-producing provinces are going to feel a pinch in their royalties.

Now for the good news! All sector swoons spell opportunity. While a litre of gas still isn't cheap, oil stocks are starting to look that way. Over the past 12 months, the Canadian capped energy index is down nearly six per cent, while the S&P\TSX Composite Index is up over eight per cent, even after the October selloff.

If you have an RRSP or any kind of workplace pension, you are likely already an oil investor. That's because virtually all Canadian mutual funds that invest in larger Canadian companies will hold some of the bigger oil companies.

But that's not to say you shouldn't add a bit more energy to your personal investments. The trick is, which stocks should you go for? Right now there's plenty of risk in the oil patch and not just from falling stock prices.

Oversupply, currency issues, declining demand and geopolitical worries can all affect dividends as well.

I surveyed a group of energy analysts and portfolio managers to determine which of the big energy companies are most likely to maintain dividends if oil tumbles further. Three names were consistently mentioned.

Remember, even though these three companies have strong balance sheets, oil at $70 a barrel will put a crimp in stock prices and dividends may go on the chopping block. So, dip a toe, but don't go for a swim.

Prices and yields as of Oct. 31:

Price Dividend Yield
1. Suncor Energy (SU-TSX) $38.75, 2.88 per cent
2. Cenovus Energy (CVE-TSX) $27.27, 3.88 per cent
3. Vermilion Energy (VET-TSX) $63.05, 4 per cent

Ups and downs

The highs and low of oil since 1970:

- **Peak oil:** $144.40 US, July 2008
- **Trough oil:** $16.38, December 1998

Republican gains, Obama's loss

Big Republican gains on Election Day would be a blow to much of U.S. President Barack Obama's agenda, but one stymied item on his to-do list might get a fresh chance to move forward: Trade. That could breathe life into Asia-Pacific trade talks essential to his efforts to deepen engagement in the region.

Obama needs special authority, known as fast track, to negotiate trade deals that Congress can accept or reject, but cannot change. It would smooth the way for the Trans-Pacific Partnership, which is under discussion with 11 nations, and help advance separate negotiations with the 28-member European Union.

Fast-track legislation was introduced in January but Senate Majority Leader Harry Reid, D-Nev., would not allow a vote. Many Democrats fear that opening markets to countries with lower wages and standards will cost American jobs. Republicans tend to be more supportive, seeing more trade as benefiting the economy.

With Republicans favoured to take control of the Senate and expand their House majority, trade could become a rare point of agreement between a Republican Congress and the White House.

Yet obstacles would remain.

Many Republicans would hesitate to help a Democratic president make progress on his agenda. THE ASSOCIATED PRESS

Flood of news

Toronto stock market heading into choppy waters

The Toronto stock market is in for more choppy trading this week amid a heavy slate of earnings and economic data and an investment climate without massive stimulus from the U.S. Federal Reserve.

And at the end of the week, employment data for the U.S. and Canada will be released. THE CANADIAN PRESS

China's slowing economy could have ripple effects

A worker is dressed in an emperor costume to attract customers as he stands outside a shop selling souvenirs at the Wangfujing shopping district in Beijing. An Associated Press survey of 30 economists has found that 57 per cent of them expect China's decelerating economy to restrain growth in countries from Brazil and Chile to Australia and South Korea. A notable exception is the United States, which the economists see as largely insulated from China's troubles.

ANDY WONG/THE ASSOCIATED PRESS FILE

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FALL WASHES OUT SUMMER'S HIGH IDEALS

URBAN COMPASS

Rod Mickleburgh
vancouver@metronews.ca

Ah, those lazy, hazy crazy days of summer, when aspiring mayoral worthy Kirk LaPointe was fired by the virtues of ideas, the intellectual challenges of policy. As he put it on Day 1 of his campaign, last July: "Let's fight and win and lose on the basis of ideas, not insults. Not a campaign of smears and leaks and trash talk."

Alas, the rains of autumn appear to have soured the mood of the man from the NPA. "Mr. Louie, are you incapable of keeping your mouth shut for a minute?" he snapped at mild-mannered Vision councillor Raymond Louie during an all-candidates meeting the other night. The outburst, greeted by wild applause, was in keeping with the tone of much of the NPA campaign: long on negativity, short on specifics, at least on the big issues.

Lately, LaPointe and the NPA have been throwing around allegations of corruption against Vision. Why? Because the union representing Vancouver's outside civic workers voted to give the party a healthy donation, as it has every election since Vision's formation and, long before that, to its predecessor, COPE, which, after all, was co-founded by the labour movement. This followed Vision's commitment, earlier in the meeting, to maintain existing curbs on contracting out.

No matter, it seems, that those restrictions have been in place since, well, those many years the NPA was in power. I'm shocked, shocked that a union is continuing its longtime support of a party that believes in union jobs as a matter of principle.

Yet LaPointe has grasped the matter with unrestrained relish. It's a secret deal, it's buying votes, it's cash for jobs, it's a serious issue for taxpayers, and so on. The mayor himself seemed to fall under the spell of his opponent's pumped-up ire. Challenged by LaPointe on this damp squib of an issue, Gregor Robertson bumbled it into more prominence by appearing to distance himself from Vision's committed opposition to contracting out. A case of the LaPointe needle and the damage done, perhaps. Robertson later reasserted his party's support for current limits on contracting out, which I don't remember ever being an issue at the bargaining table.

Of course, in politics, perception almost always trumps reality and context. Meanwhile, deep-pocketed developers smoothly siphon big bucks into the coffers of both parties with barely a peep of protest from either.

One can only hope this teapot tempest may finally spur someone with power to do so (hello there, Christy Clark) to stem the obscene amount of money spent by Vision and the NPA by banning both union and corporate donations. That would clear the clouds from an unsavoury situation forever open to suspicion, unwarranted or not.

Back on the hustings, Mr. LaPointe relies heavily, not on ideas, but on anti-Vision zingers, often spicing them with references to complaints the longtime journalist seldom sources.

Mind you, Vision plays the negative game, too, most notably with its personal attack on Mr. LaPointe for having the nerve to live at UBC, just outside city boundaries. Who cares?

Politicking rarely brings out the best in anyone.

House of the dead crowded

A woman dressed as the iconic Mexican Catrina poses for photographers as she gathers with other women in costume, in an attempt to set a record for the most Catrinas in one place during Day of the Dead celebrations in Mexico City over the weekend. MARCO UGARTE/THE ASSOCIATED PRESS

Proposed law threatens Día de Muertos traditions, say critics

Mexico's capital, Mexico City, is rapidly running out of grave sites. Many residents of this growing metropolis of nine million have to exhume the remains of their loved ones, once the burial rights expire, to make room for new bodies. Officials say there is no public land available for new cemeteries.

The lack of space has prompted the city's legislative assembly to propose a law that would reduce the time a body can remain in a grave and encourage people to cremate the bodies of their loved ones, a move that critics say will threaten Mexico's long and rich traditions surrounding burying and celebrating the dead.

While other countries reuse graves, it is a sensitive issue in Mexico, where celebrating the dead is still a living part of the culture.

THE ASSOCIATED PRESS

Quoted

"Can you imagine that with the stroke of a pen they can erase All Saints Day and the Day of the Dead? They have no idea what they are doing." Jesus Guzman, who says many indigenous Mexicans prefer burial and are reluctant to accept cremation.

MetroTube

metro AR

Rocket blowback

ANDREW FIFIELD
andrew.fifield@metronews.ca

THE ASSOCIATED PRESS

Orbital Science Corp.'s Antares rocket exploded spectacularly last Tuesday, just after liftoff from a Virginia launch pad on what was supposed to be a Cygnus spacecraft trip to the International Space Station. Meanwhile, a crowd had assembled about 1-1/2 miles away to watch. The realization that the launch had failed came a little late, but not as late as the very violent sound wave that threw some of them — including the person who shot this video — to the ground. (jms2productions/YouTube)

Comments

RE: Newspaper does damage control on Ghomeshi, published online Nov. 2, 2014

I was supportive of letting your freak flag fly... And then all that other "information" came out that's made the initial story seriously questionable.
Jorhan Walsh,
posted to Facebook.com

metro AR SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 22 in Sports.

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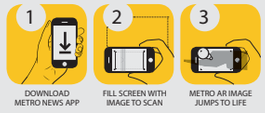

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Ebooks

To kill a Mockingbird Enhanced Edition

By. Harper Lee

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

For its digital debut, this cherished classic has been enhanced using promotional samples from other editions. There's an audio chapter reading by Sissy Spacek and interview clips from a documentary with Oprah Winfrey, Tom Brokaw and Harper Lee herself. They're delightful, yes, but, as promotional links, feel like packaging instead of the curated, intimate touches a celebrated tale deserves.

Television

The Iron Throne should look more like this, George R.R. Martin says. MARC SIMONETTI

GOT author was never happy with the Iron Throne

As much as author George R. R. Martin approves of the TV series inspired by his A Song of Ice and Fire books, he says that the Game of Thrones producers didn't nail the look of the massive, imposing Iron Throne. It needed to be even bigger and creepier, he says.

For his new book, The World of Ice & Fire: The Untold History of Westeros and the Game of Thrones, Martin worked with artist Marc Simonetti to create a painting, shown above, that finally brought his vision to life. THE CANADIAN PRESS

Judge Graham Elliot talks to a contestant on Masterchef Junior, which launches its second season Tuesday at 9 p.m. ET on CTV Two. CTV

These pint-sized chefs really know how to cook

Television. The level of talent on Masterchef Junior is even higher than last season, says judge Graham Elliot

Show time

- Masterchef Junior airs Tuesdays at 9 p.m. ET on CTV Two.

If you were blown away watching the kid contestants on the inaugural run of Masterchef Junior, just wait for Season 2, says judge Graham Elliot.

"We had no idea it was going to take off the way it did," Elliot said during a recent stop in Toronto to shoot a guest appearance on the upcoming season of Masterchef Canada.

"What's really fun is that the level of cooking compared to Season 1 is even higher, because everyone knows about it now."

Indeed, the pint-sized chefs on Masterchef Junior made a big impression. Apple-cheeked winner Alexander Weiss wowed audiences in the finale with his pan-seared veal chop over potato gnocchi and deconstructed napoleon cannoli.

Elliot — who serves on the judging panels for both Masterchef Junior and Masterchef with Gordon Ramsay and Joe Bastianich — says the contestant pool for the kids cooking show was not at all what he expected.

"You think you're going to get kids wanting to do the Hollywood thing," he said.

"But you realize that cooking is this creative outlet now, because kids are born into this food-TV lifestyle and experience new things, and a lot of them are well-travelled."

"You see everyone that's got this great passion for cooking and it's contagious. By Day 2, Joe, Gordon and I forget that they're even kids, because of the level they're putting up in terms of food, but also their level of concentration."

Viewers who watched the recent season of Masterchef noticed a drastic physical change in Elliot, who underwent weight-loss surgery just over a year ago, dropping about 150 pounds in the process.

He says Masterchef Junior was part of the impetus. "The big change, and you know Masterchef Junior was a part of it, is sitting up there talking to kids about eating healthy and about how they're the future of America and they need to make these great choices," he explained. "I was 400 pounds ... and just felt I was living this big lie. You need to try to lead by example, especially for my own kids."

In preparation for the upcoming season, Elliot said the producers visited all 50 states and saw a diverse range of cooking styles. "Kids are doing things that are indicative of their region, their background their upbringing," he said.

"Also (there were) people that cook from the heart and it's really rustic, kids that have a pretty privileged upbringing and have been to all the fancy French restaurants and done the tasting menus — so it's really cool to see that gamut."

THE CANADIAN PRESS

Quoted

"You see everyone that's got this great passion for cooking and it's contagious. By Day 2, Joe, Gordon and I forget that they're even kids."

Graham Elliot, Masterchef Junior judge

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The McCarthys revolves around the family's gay son, Ronny, right, played by Tyler Ritter. Jack McGee, left, plays his sports-obsessed father. SONJA FLEMMING/CBS

Based on real life, except for mom

Television. New sitcom The McCarthys is inspired by creator's modern family, but it's no autobiography

After the sitcom Happy Endings was, ironically, cancelled abruptly, writer Brian Gallivan looked close to home for his next gig.

His own family inspired The McCarthys, a new CBS comedy about a sports-obsessed brood with one gay son. But fiction, he says, is funnier than fact.

For one, the son, Ronny, played by Tyler Ritter, "is better at being gay than I am," Gallivan said. "He's dated, like, four guys in the first batch of episodes. I feel like it took me 15 years to date four guys."

The show, which airs Thursday evenings, is, Gallivan said, "sort of like a Modern Family, but with a Boston (setting)."

If the pilot is any indication, it differs from Modern Family in two other, and perhaps more significant, ways.

While Family spreads its storylines evenly over the members of three distinct households, The McCarthys has one central character, Ronny, around whom a family of lovable lunatics revolves.

In creating Ronny, Gallivan said he was adamant about avoiding gay-character stereotypes. "I didn't write it with, 'I want him to be this way or that way,'" Gallivan said. "I just wanted him to represent the type of gay man that I am."

And there's another departure from real life: Ronny's mother, Marjorie McCarthy, played by a show-stealing Laurie Metcalf (Roseanne, The Big Bang Theory), is nothing like the creator's real-life mom.

"The mother is definitely not my mother, and (she) wants me to just proclaim this to anyone who will listen, that she is not as meddling and overbearing as Laurie's character, though she loves Laurie," Gallivan said. "She's very excited that Sheldon's mother from The Big Bang is playing her."

THE ASSOCIATED PRESS

Show time

- The McCarthys airs Thursdays at 9:30 p.m. ET on CTV.

Quoted

"(Ronny) is better at being gay than I am. He's dated, like, four guys in the first batch of episodes. I feel like it took me 15 years to date four guys."

Brian Gallivan, creator of The McCarthys

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Going to New York City? You'll get a Swift welcome

STARGAZING
Malene Arpe
scene@metronews.ca

Taylor Swift is named New York City's Global Welcome Ambassador for Tourism. That settles my great vacation conundrum. Paris it is.

This week in collaborations: 1) Shakira is teaming up with Fisher-Price to launch a collection of baby toys. 2) Lululemon announces a charitable partnership with the Dalai Lama Center for Peace and Education. 3) Beyoncé and Topshop will launch an athletic streetwear line next year. 4) Dakota Johnson and Jamie Dornan will doggedly continue re-shooting Fifty Shades of Grey until they appear to have at least as much chemistry as a wet dishrag and a pile of dusty bricks.

Larry King tweets that he "likes the smell of turpentine." Asked how he feels about acetone and ethanol, he replies that "chocolate cereal is better than race cars" and "bears don't appreciate your hippie haircut."

Armed clowns are terrorizing the streets of France. Come to think of it, Taylor Swift is awesome and New York is the best.

Pitbull will soon have two reality shows: Pitbull: The Lyfe and The REAL Change Project. The latter will have interesting people talking about overcoming obstacles while The Lyfe, presumably, will be about Lyme disease, lye and Lynyrd Skynyrd.

Dunham delivers tongue lashing to news outlets

Lena Dunham ALL PHOTOS: GETTY IMAGES

Lena Dunham is no stranger to having her words taken out of context, but even she has limits to how often she can turn the other cheek. This week, Dunham is hitting back against news outlets that claim Dunham had admitted to sexually abusing her younger sister, citing excerpts from her new book, Not That Kind of Girl. In the book, Dunham details an embarrassing moment of childhood curiosity when she was seven and her sister, Grace, was one. "The right-wing news story that I molested my little sister isn't just LOL— it's really f—ing upsetting and disgusting. And by the way, if you were a little kid and never looked at another little kid's vagina, well, congrats to you," Dunham posted on her Twitter feed. "Usually this is stuff I can ignore but don't demean sufferers, don't twist my words, back the f— up, bros. I told a story about being a weird seven-year-old. I bet you have some too, old men, that I'd rather not hear. And yes, this is a rage spiral. Sometimes I get so mad I burn right up. Also I wish my sister wasn't laughing so hard."

Bynes takes to Twitter for tirade

Amanda Bynes is doing her Twitter thing again. The former child star, recently freed from her parents conservatorship over her — though that might be temporary — has been using what little time she has available to speak her mind on Twitter. "It is not illegal to talk about my personal business," she begins, kicking off a multi-tweet tirade.

"People need to hear the truth about who I really am ..."

Twitter

@IJasonAlexander
I'm going back to 1993 so I can be 33 for the winter.

@NiallOfficial
Someone said to me today, "you weren't very well dressed up for halloween. " I totally disagree. We were the 6 best dressed in my eyes

@rickygervais
There don't seem to be as many conspiracy theorists as there used to be. I think the government had them killed.

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LIFE 3

Losing your job is miserable, so it's essential to keep cool

Unemployment. Cut your expenses, seek advice from family and friends, and redirect your energy into finding new income

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Job loss comes with two huge stressors. First, there is the financial stuff. Second, there is the emotional misery that you must wade through.

Either pile of poop can sink you, so it is very, very important that you keep a cool head.

Apply for Employment Insurance benefits right away. It can take weeks before you see a penny, so the faster you do this the better.

If you receive a severance, it will affect when your EI benefits kick in. A delay in the start of the claim will result in an extension at the other end for the same number of weeks.

Severance or separation pay is paid out in several different forms and each is handled differently by the EI system. Speak to your HR department to get the lowdown on how you will be affected.

Check how long your benefits will stay in place and whether you've got any vacation or sick pay coming. If you're entitled to reimbursement for expenses, file an expense report immediately.

And while your boss is feeling rotten for having to let you go, ask for a glowing letter of recommendation.

Sit down with your immediate and extended family to discuss what's going to be different. No point in pretending everything is A-OK.

Brave and strong as you might be, accepting help when you need it the most from people who love you the most is exactly what family is supposed to be about.

As for the kids, they will overhear the adults talking. They'll feel the stress that's swirling in the atmosphere. So talk to them, but tailor your communication to reflect their ages. If you don't address it directly, they'll internalize the angst. Reassure them that, although some things are going to change, your family is safe.

Next, start looking for ways to reduce your expenses so you can live within your reduced means.

Cut your clothing budget completely, except for kid essentials. Ditto entertainment, gifts, and all other non-essential expenses.

Trim back on food; time to meal plan and use everything to the very last drop.

Gut communication costs like telephone, cellphone, Internet, and cable or satellite.

Is daycare still an option with one partner out of work, or will you swing-shift to take care of the kids at home while upgrading skills and job-hunting?

Or will you both take on part-time work to keep the kids in daycare so you don't lose your spaces?

At this point, I bet you're really glad you have that emergency fund. No emergency fund? Oops!

Are there things you can sell to make one? The motorcycle? The ATV? The second car?

A line of credit is not an emergency fund, no matter what you've been told. Sure, you'll eventually get another job. But if you've dug yourself a hell of a hole in the meantime, you'll be sorry. It doesn't matter what you have to do to keep a roof over your head, that's a better alternative to using credit.

Take your credit and debit cards out of your wallet and hide them, freeze them or bury them so you can't salve your emotions by impulse shopping.

There is no time when you'll be more tempted to spend money on crap than when you're feeling deprived. And stay out of the payday loan stores. With interest costs ranging from 300 to 900 per cent, that's a hole you'll never climb out of.

If you hated your last job, then now is the time to start thinking about a career change.

Can you use the time you're not working to upgrade your skills or take some night courses to retrain for something new? Would this be a good time to turn that hobby into a business?

I am not recommending you remortgage your house and buy a business because you're desperate.

What I'm suggesting is that, if there is something you've always wanted to do — landscaping, web design, freelance writing, small engine repair — now may be just the time to start making some money doing what you love.

If you can turn it into a viable full-time business, good for you. If it brings in extra money while things are tight, that's good, too.

And if you find a full-time job and can keep doing your biz on the side, hey, that's all right too, isn't it?

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Losing your job is both a financial and emotional blow, so you need to tackle it with a level head. And while you're searching for a new job, or starting a new career, try to avoid racking up too much debt. ISTOCK

Job-hunting advice

When you lose your job, for whatever reason, finding a new one becomes your job, and you should do it with all the energy and enthusiasm you used to spend working.

Tell everyone that you're looking for work. Many jobs are found by word of mouth. Create an overall job search strategy that includes a daily schedule.

Schedule your day as if you were going to work, and make sure you include some socializing time (unemployment can be horrendously isolating), and keep knocking on doors.

Yes, it is hard. Yes, the rejection can be soul-numbing. But you can't just give up and hope something will come along.

You have a family counting on you. You are counting on you. So get busy. Your next job isn't going to find you.

The scent of a work lunch: When your sandwich is causing a stir

Dear Metro,

I'm a healthy eater, and bring my own lunch to work every day. I look forward to a homemade meal at noon, but some of my co-workers have commented that my lunches smell gross. I think they're overreacting, but it's also making me self-conscious about my food. Should I change what I eat to accommodate their noses?

— Let Me Eat Tuna

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Five straight days of fish might leave your lunch friends swimming towards the nearest exit. Why not do them a favour and choose chicken today? ISTOCK

Dear LMET,

Unless your food is nostril-incineratingly putrid, it's within your rights to stick to your stink. Damp-gym-socks soup with a side of raw sewage? Not an advisable workplace lunch. Canned tuna, hard-boiled eggs, semi-aggressive cheese — these items might inspire titters, but they are also reasonable choices for a midday meal.

That said, reasonable does not necessarily equal courteous. If you're scrunching noses from Monday to Friday, consider spacing out your blasts of foul air.

Offices are shared environments, and your colleagues can cope with a strong smell or two, but part of sharing space means minimizing your own disruptions. Should your healthy-but-smelly specialties be causing daily discomfort, it might affect your reputation. And that's not healthy for your career.

Dear Metro,
My workplace is full of loud, boastful personalities. But one girl isn't like that at all — she quietly does a fantastic job, and doesn't get the praise she deserves. In fact, others often take credit for her work! I'd like to make my colleagues more aware and respectful of her accomplishments, but I know she's doesn't like attention. How can I get the word out there without making her uncomfortable?
— Kudos Giver

Dear KG,

Here's what you should do: Print off a billboard-sized photo of her face, get everyone in the office to sign it, then hang it in the boardroom for all to see.

Too much? Try more private acclaim. Your colleague doesn't even have to hear: You could let your boss know, during a one-on-one conversation, how much you've appreciated her work. Or slip the odd "This was all Sally!" into non-group emails. This spares Sally the unwanted gaze of fawning eyes — and makes sure some arrogant windbag doesn't swoop up her praise.

Not that forced fondness wouldn't do Sally good. Modesty may be a virtue, but it can also be a hurdle — especially in competitive industries. What your co-worker needs most may not be kudos from others, but the ability to applaud herself.

While public recognition might make her shy in the short term, it could give her the confidence to advance down the line.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

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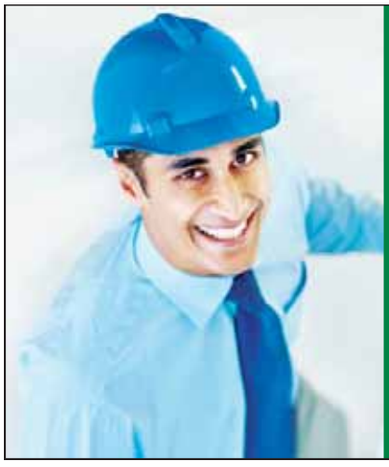

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Lessons from the desert

Tip the odds in your favour by leaving little to chance

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

Many of life's projects involve teamwork, and at times, the team is made up of individuals who do not know each other but are coming together for a common purpose.

The question is, how do you bond strangers? This is what we are attempting to do.

Our team of three runners met for the first time today in picturesque Ushuaia, located near the southern tip of South America, where the Patagonia Mountains meet the Atlantic and Pacific oceans. Our task is simple: come together within three days before the start of the Antarctica race, a race comprising six marathons in five days. We are aligned on our goal, which is to run our collective fastest and challenge to win.

Today, we met and started to focus on how we could win. We engaged ourselves in team-building activities to establish camaraderie, as well as having explorative conversations to understand each other's motivations, values and emotional triggers. These activities allowed us to develop an aligned team with tactics and a strategy for the Antarctica race.

We have just enough time to collectively agree on what is within our control so we can execute our plan. For the myriad of things outside of our control, most will be mapped out so we can discuss our preferred team responses ahead of time, thus increasing what we perceive to be within our influence. For the rest of the time, hopefully our bond will be strong enough so that we can align rapidly to a course of action even if we disagree.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

Your best shot at getting hired depends upon building and maintaining a network of reliable references. ISTOCK

Get in the front door with a good word

Career. Learn how to use an employee referral to get closer to an interview with your dream employer

VICKI SALEMI
Metro in New York City

Online retailer Zappos made news earlier this year when it announced it would be zapping job postings. That's right, they've been nixed, and hopeful job seekers have to find another way in the door.

According to industry buzz, they want to get to know applicants rather than having them apply to the giant black hole known as the applicant tracking system. Prompting job seekers to become "insiders," their site includes ambassadors' Twitter handles and LinkedIn profiles for each team, and essentially details ways that job seekers can connect to recruiters via social media and through referrals.

They're on to something. According to a study by the Federal Reserve Bank of New York, referred candidates are twice as likely to get interviews as non-referred candidates.

Referred candidates also have a 40 per cent better chance of getting hired than other applicants. Armed with this data, job seekers should rely on referrals for the highest rate of return on their time and energy investment in a job search. Here are a few tips on how to get started.

Look at your social networks

For starters, search LinkedIn for connections, ask for introductions and schedule informational interviews. But don't just do this when you're looking for a job and eager to move on — people can see through that. Networking is an ongoing process to forge strong connections and build new skills. It's truly a journey.

Conversations on the phone — or better yet, in-person — will help

An employee may not feel comfortable forwarding your resumé if he or she met you two years ago at a conference and hasn't heard from you since. However, if you had invited her out for coffee three months ago and followed up this week, you're in a much better position to be referred.

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The stress you suppress while aiming to impress

Remember that if you're upfront about your workload limits, colleagues may react with respect rather than disappointment. ISTOCK

Career advice. Gaining confidence at your workplace takes work

LAKSHMI GANDHI
Metro in New York City

It's a problem most women frequently encounter at work — you're overwhelmed with projects, but unable to put your foot down and say "No" to even more work.

"The disease to please is the number one issue that women have," says Shelley Zallis, the CEO & founder of The Ipsos Girls' Lounge, a networking space for women. "We never want to say what we want, and we sacrifice being honest."

Zallis says that she created the Girls' Lounge to help women break out of the restricting belief women have to always be accommodating. She offers these tips for women looking to change the way they approach work.

Breaking the apology habit takes practice

"If we keep apologizing, we become just like everyone else," says Zallis. Part of the reason women tend to over-apologize, she says, is because of the inflexible nature of most workplaces. "We need to go from a culture of rigidity to a culture of caring," she notes. "If we conform to a norm that never worked, shame on us."

Build up your confidence

"Know that you matter," Zallis advises. "We're not bossy, we are confident and confidence is knowledge." Women in particular, she says, should take the time to learn from one another. "Use your powers to share," says Zallis. "By having a support network, you're energizing yourself."

Don't hold yourself back

A big part of building confidence, says Zallis, is learning how to be true to yourself. "What makes you special?" she asks. "Embrace it." It's also important to not let the little details stop you from moving forward. "It's your life," she says. "We have to redefine perfection as being the best thing."

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Reinvent comfort food by using squash instead of potato topping

Butternut Squash Shepherd's Pie. This dish features a few delicious swaps

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This recipe serves eight. ROSE REISMAN

There's nothing that characterizes comfort food better than a great-tasting Shepherd's Pie.

Traditionally known as a British Cottage Pie, it was commonly made with leftover meat and mashed potatoes as a topping.

I've added a twist on this classic dish and used fresh lean ground beef and mashed butternut squash.

This healthy winter squash is loaded with fibre and antioxidants known as carotenoids, which are known to protect against heart disease.

As well, I added edamame rather than the traditional green peas and a hint of melted aged white cheddar. Incredible!

You can always substitute sweet potatoes for the squash.

This dish is great to serve as leftovers or freeze in portions.

Ingredients

- 2 tsp vegetable oil
- 1 1/2 cups finely diced onion
- 2 tsp crushed garlic
- 3/4 cup finely diced carrots
- 1 lb extra-lean ground beef
- 1 1/2 tbsp all-purpose flour
- 1 1/2 tbsp tomato paste
- 1/3 cup low-sodium beef (or chicken) stock
- 3/4 cup homemade or store-bought tomato sauce
- 1/2 tsp dried basil
- Pinch of salt and pepper
- 3/4 cup frozen edamame

Topping

- 1 1/2 lb butternut or acorn squash, cut into cubes
- 2 tbsp olive oil
- 3 tbsp grated Parmesan cheese
- Pinch of salt and pepper
- 3/4 cup shredded aged white cheddar cheese

Directions

1. Preheat the oven to 425 F. Lightly coat an 8-inch square baking dish and large baking sheet with cooking spray.

2. Place a large non-stick skillet lightly coated with cooking spray over medium-high heat. Add the oil and onion and sauté for 3 minutes. Add the garlic and carrots and sauté for 3 minutes. Add the ground beef and sauté for 5 minutes or until no longer pink, breaking up the meat as it cooks.

3. Add the flour and cook for 1 minute. Add the tomato paste, stock, tomato sauce, basil and salt and pepper. Cover and cook on low heat for 3 minutes or until thickened. Add the edamame and cook for one minute. Place in the baking dish.

4. Meanwhile, while the meat mixture is being prepared, place the squash onto baking sheet and roast for 15-20 minutes, just until tender. Place in a bowl and mash, adding olive oil, grated Parmesan and salt and pepper. Spoon over meat filling. Sprinkle with cheese and bake for 5 minutes.

Per serving

• **Calories.** 260	• **Fibre.** 2.3 g	• **Total fat.** 11 g	• **Cholesterol.** 40 mg
• **Carbohydrates.** 15 g	• **Protein.** 25.6 g	• **Saturated fat.** 3.4 g	• **Sodium.** 223 mg

Spiralizing gives this salad an artsy spin

Spiralizing is the newest trend in healthy eating. It is the art of taking vegetables and turning them into noodles.

Spiralized veggies are replacing carb-dense pasta for those who want to consume fewer calories and carbs.

Add a delicious sauce, some protein and you have a complete meal.

1. Prepare dressing: In bowl combine the peanut butter, water cilantro, honey, rice vinegar, soy sauce, sesame oil, garlic and ginger until smooth.

2. With a spiralizer or julienne or vegetable peeler, julienne the zucchini and sweet potato.

Ingredients

Peanut dressing

- 2 tbsp natural peanut butter
- 2 tbsp water
- 2 tbsp chopped fresh cilantro
- 1 tbsp honey
- 1 tbsp rice vinegar
- 2 tsp low-sodium soy sauce
- 1 tsp sesame oil
- 1/2 tsp minced garlic
- 1/2 tsp minced fresh ginger

Salad

- 1 medium zucchini (skin on)
- 1 medium sweet potato (skin peeled)
- 8 oz flank steak

Garnish

1/4 cup toasted cashews

3. Grill or bake the flank steak at 400 F just until temperature reaches 130 F – medium rare, approximately 10 minutes depending on thickness. Let sit for 10 minutes, then slice thinly against the grain.

4. Meanwhile, in pot of boiling water, add the sweet potatoes and boil one minute, then add the zucchini and boil an extra minute. Drain well then rinse with cold water to stop the cooking process.

5. Place on serving dish, lay sliced steak over top, pour sauce over and garnish with cilantro and cashews. ROSE REISMAN

This recipe serves four. ROSE REISMAN

WHL

Rockets blast off in third period to defeat Giants

The Kelowna Rockets outlasted the host Vancouver Giants in a back-and-forth meeting at the Pacific Coliseum on Sunday.

The two teams traded goals, before the Rockets, the top-ranked team in the entire CHL, finally took over around the midway point of the third period, earning a 5-3 win.

The Giants fell behind three different times, but managed to come back and even the score, with goals from Joel Hamilton, Clayton Kirichenko and Matt Bellerive.

But the Rockets took the lead for good in the third period, with Jesse Lees scoring the game-winner. METRO

MLS

FC Dallas and Sounders play to draw in first leg

Osvaldo Alonso scored in the 54th minute to give the Seattle Sounders a 1-1 draw with FC Dallas in the first leg of their Western Conference semifinal on Sunday.

FC Dallas opened the scoring when Michel converted a penalty in the 34th minute. Goalkeeper Stefan Frei guessed the right way, but Michel kicked it into the right corner.

Seattle midfielder Marco Pappa conceded the penalty with a careless challenge on Andres Escobar.

Pappa redeemed himself with a free kick that set up Alonso's equalizer.

The Sounders host the second leg of the series on Nov. 10. THE ASSOCIATED PRESS

Lack a hard-luck loser against Preds

NHL. Backup goalie solid but Canucks take the loss in tail end of back-to-back games

CAM TUCKER
cam.tucker@metronews.ca

The Predators' Shea Weber and the Canucks' Luca Sbisa fight at Rogers Arena on Sunday night.
DARRYL DYCK/THE CANADIAN PRESS

Eddie Lack was unlucky and the Vancouver Canucks continue to struggle in the second game of back-to-backs.

The Canucks goalie, who has endured his share of difficulties to begin this season, whether they've been of his own doing or the play of the team in front of him, had a solid performance against the visiting Nashville Predators on Sunday.

But the win eluded him. He's still searching for his first victory of 2014-15, having assumed the backup role behind Ryan Miller.

The Canucks fell by a final score of 3-1.

After playing in Edmonton the night before, the Canucks were the better of the teams in the first period against the Predators.

Alex Edler opened the scoring, his wrist shot hitting the post, then rebounding off the back of Nashville goalie Pekka Rinne and just trickling over the line.

But the heavy legs kicked in for Vancouver, and the Canucks trailed off in the second period.

Filip Forsberg was credited with tying the game. He threw a puck toward the Vancouver net; however, Canucks defenceman Dan Hamhuis deflected it over the left shoulder of Lack and in for the own goal.

Tough luck for Lack.

Forsberg gave Nashville the lead less than seven minutes into the third period. It counted as the winner.

Colin Wilson added an insurance marker with less than two minutes to play.

Canucks defenceman Kevin Bieksa and forward Tom Sestito left the game with injuries and didn't return.

Follow Cam Tucker on Twitter @camtucker_metro

On Sunday

3	1
Predators	Canucks

Concerns mounting for Lions after ugly loss

The Eskimos' Patrick Watkins tackles the Lions' Kito Poblah on Saturday in Edmonton. THE CANADIAN PRESS

It very well could be the B.C. Lions meet the Edmonton Eskimos in the playoffs.

If Saturday was any possible indication, then Vancouver's CFL team could be in trouble — serious trouble.

The Lions were completely outclassed by the Eskimos in a 37-3 loss at Commonwealth Stadium, where these two teams could meet once again on Nov. 16.

The Eskimos clinched second in the West Division. They'll host the semifinal game. The Lions, despite four losses in the last six games, are third, with one final game remaining on their schedule.

From start to finish, the Lions were dominated in every single facet. If you're into the whole "sending a message" thing, well, the Eskimos made one thing perfectly clear: They're a growing force in the West.

The injury-ravaged Lions, on the other hand, have been hot and cold all season long. Saturday's loss punctuated several issues facing this team.

In a game that meant something in the standings — B.C. began Saturday still in the hunt for second in the West and a home playoff date — the Lions didn't match the Eskimos' intensity. That's concerning.

Anemic air assault

95

Between Kevin Glenn and John Beck, the Lions threw for just 95 yards in Saturday's loss to the Eskimos.

Against a solid defensive team, quarterback Kevin Glenn completed nine passes for 68 yards. John Beck didn't fare much better, going 1-for-7 for 27 yards. That's concerning.

The Lions have combined for 35 penalties, adding up to 245 yards, in the last two games. That's concerning.

On a night when linebacker Solomon Elimimian set the new single-season record for tackles, the Lions defence was systematically broken by Edmonton quarterback Mike Reilly. That's concerning.

CAM TUCKER/METRO

4 SPORTS

Aguero for the City's win

Manchester City's Sergio Aguero, centre, lines up a shot during his team's English Premier League win over rivals Manchester United at the Etihad Stadium, in Manchester, England, Sunday. Aguero scored the lone goal of the derby. JON SUPER/THE ASSOCIATED PRESS

Brady's TD bunch busts up Broncos

NFL. With four passing scores, Patriots QB improves to 11-5 against rival Manning

The chant began midway through the fourth quarter with the latest matchup between the all-time great quarterbacks long ago decided:

"Brady's Better."

On this day, Tom Brady and his New England Patriots certainly were the superior team, routing Peyton Manning and the Denver Broncos 43-21 on Sunday to grab the best record in the AFC.

Brady outdueled Manning in the 16th installment of their rivalry and is 11-5 against Manning. He threw for four touchdowns and Julian Edelman returned a punt 84 yards for a score.

In his 200th career start, Brady passed for 333 yards. He has won 155 of those, the most for any quarterback in that many starts.

"He has always set a real high bar for how to play and I have tried to do the same through my efforts with my team," said Brady, who owns three Super Bowl rings to one for Manning. "The only thing I really care about is the respect from my team, going out there and trying to earn it. "

After 15 seasons that almost certainly will earn him Hall of Fame recognition, Brady, 37 has that respect. He also has that mastery over Manning, who fell to 2-7 at Gillette Stadium even though he threw for 438 yards and two touchdowns. He has at least two TD passes in 14 consecutive games, an NFL record.

"Well, I don't usually stink, but I stunk today," said Manning, 38, who broke into the NFL in 1998, two years before Brady. "I don't make any excuses. "

The two touchdown passes increased Manning's total to 515. He broke Brett Favre's record of 508 earlier in the season.

The game wasn't particularly competitive after the first quarter, which Denver completed in front 7-3.

New England (7-2) scored the next 24 points on the way to winning its fifth straight, halting the four-game winning streak for Denver (6-2) in emphatic fashion. Brady has 18 TD passes and one interception in those five victories.

"The quarterback stinks, usually you're not going to win many games," Manning said.

Even with the two great QBs in the house, Edelman was a star. Not that New England's defence took a back seat, befuddling Manning so often that the Broncos barely got the snap off on time on several plays. THE ASSOCIATED PRESS

metro AR Patriots linebacker Akeem Ayers sacks Broncos quarterback Peyton Manning on Sunday in Foxborough, Mass. Scan the image with the Metro News app for more from the NFL on Sunday.
STEVEN SENNE/THE ASSOCIATED PRESS

Great returns

4

Julian Edelman's punt-return touchdown was the fourth of his career, which tied a Patriots team record.

Bruins. Claude Julien's contract extended

Claude Julien, who led the Boston Bruins to the playoffs in each of his seven full seasons as coach, has signed a multiyear contract extension.

Julien coached the Bruins to the Stanley Cup championship in 2010-11 and is the longest serving coach in consecutive seasons in the team's history.

"Claude is one of the top coaches in the NHL and has consistently shown a passion for winning," general manager Peter Chiarelli said Sunday in announcing the signing. The length of the extension was not disclosed.

Julien is in his eighth season with the Bruins and is the second-longest tenured NHL coach with the same team. Mike Babcock is in his 10th season with Detroit.

Julien also led the Bruins to the Stanley Cup finals in 2012-13, but lost in six games to the Chicago Blackhawks.

He has a 317-171-65 record with them and led the Bruins to the NHL's best regular-season record in 2013-14.

THE ASSOCIATED PRESS

Quoted

"What Claude does in implementing structure in his systems ... is no easy task."

Boston general manager Peter Chiarelli

NBA

Undefeated Heat beat Raptors

Chris Bosh scored 21 points and grabbed 11 rebounds and the Miami Heat beat the Toronto Raptors for the 16th straight time, prevailing 107-102 on Sunday.

Dwyane Wade added 19 points, 11 rebounds and seven assists for the Heat (3-0), the last unbeaten team in the East. DeMar DeRozan scored 30 points for Toronto (2-1), which hasn't beaten Miami since 2010.

THE ASSOCIATED PRESS

NHL

Youngsters lead Flames over Habs

The Flames looked to a few of their youngsters to lead the way against the Canadiens — and they delivered.

Prospect Josh Jooris scored twice and Markus Granlund added another to lead Calgary to a 6-2 victory over Montreal on Sunday night at the Bell Centre. Rookie forward Johnny Gaudreau also added two assists.

THE CANADIAN PRESS

Lynch leads Seattle's 'battle' over Raiders

Seahawks' Marshawn Lynch
THE ASSOCIATED PRESS

Pete Carroll's reminder of how close the Seattle Seahawks were to being average last season usually gets ignored.

So when victories now don't come with ease and efficiency, like Sunday's 30-24 win over the winless Oakland Raiders, it's not a surprise for the coach.

"We could have been 8-8 just like that last year, and people forget that," Carroll said. "I've harped on that more than I should have with our team so they realize how tough it is. ... I know you all would like it easier and smoother and cleaner and all that, but it's a battle. Suck it up."

Fortunately for the Seahawks, they still have Marshawn Lynch to lean on. Lynch scored a pair of first-half touchdowns and Bruce Irvin returned an interception 35 yards for another score as the Seahawks (5-3) jumped to a 24-3 lead then held on through a sloppy second half.

Lynch carried tacklers and teammates into the end zone in the first quarter on his three-yard scoring run, but was an important option for Russell Wilson as a pass catcher. Lynch finished with 67 yards rushing and another 76 receiving, and his day could have been far more productive if not for gains of 43, 20 and 11 yards on either runs or passes called back by penalties.

His five-yard run at the end of the first half gave the Seahawks a 21-point lead that seemed plenty comfortable at the time.

"I think maybe six of them was my own team, so it's all good," Lynch said of his first TD.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Don't let negative thinking get the better of you. Focus on what you are good at and trust in the planets to guide you in the right direction.

♉ Taurus
April 21 - May 21
What happens today may not seem significant but with the benefit of hindsight you will see it plays a big part in the grand scheme of things.

♊ Gemini
May 22 - June 21
You may think you have energy to spare today but your physical batteries are running low, so don't take on any new duties.

♋ Cancer
June 22 - July 23
You won't lack for confidence today but common sense may be harder to come by. Make sure you know what you are getting yourself into for before agreeing to part with cash.

♌ Leo
July 24 - Aug. 23
The Sun and Pluto link well as the new week begins and the message it has for you is that you need to find more harmonious ways to link your home life and your work life.

♍ Virgo
Aug. 24 - Sept. 23
You are uneasy about the direction your life seems to be taking. With that in mind, don't start something new today just because you feel the need for a change. Your progress must be evolutionary, not revolutionary.

♎ Libra
Sept. 24 - Oct. 23
A challenge will push you beyond the rather narrow limits you have imposed on yourself recently. You will find hidden reserves of talent and energy.

♏ Scorpio
Oct. 24 - Nov. 22
As the Sun aspects your ruler Pluto today you will experience a great surge of energy. But you are strongly advised to finish what you have started before embarking on a new project.

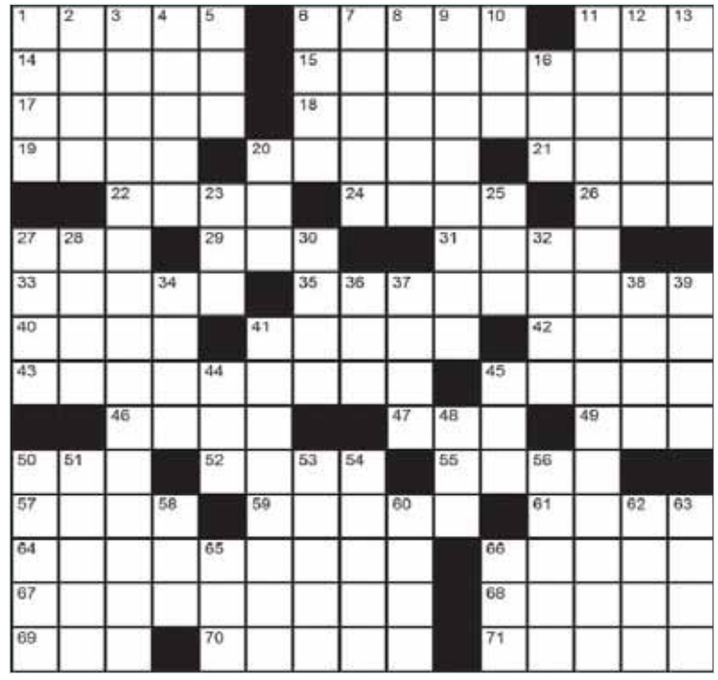
♐ Sagittarius
Nov. 23 - Dec. 21
A change of direction is not needed, despite what some may be telling you. All you need is faith in your abilities.

♑ Capricorn
Dec. 22 - Jan. 20
Don't allow others to talk you into doing something that will tie you down for weeks at a time. You have your own interests and goals to pursue and you must put them first.

♒ Aquarius
Jan. 21 - Feb. 19
You have been pushing yourself too hard and need to slow down. That won't be easy with power planet Pluto so strong at the start of the week but it can and must be done.

♓ Pisces
Feb. 20 - March 20
There are times when you take too much for granted and this could be one of them. You may think you can get away with neglecting a chore but if you do the consequences could be dire.

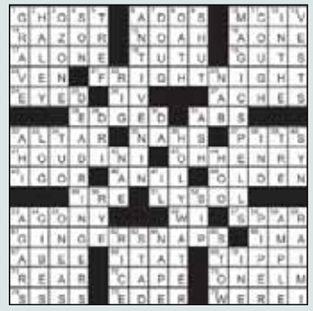
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Ballroom dance
6. Old Irish alphabet
11. Composer, Francis __
14. Sir Newton
15. Vehicle vacations: 2 wds.
17. Not last
18. "Skyfall" (2012), for one: 2 wds.
19. Restaurants bills
20. Robinson Crusoe author Daniel
21. Chomp
22. Ancient harp
24. Rap music duo, __ Yang Twins
26. Big Apple baseball team, briefly
27. British tenor, Alfie __
29. Ms. Thurman
31. Pull along
33. Take apart the Hoover, say
35. Free-standing __ (CN Tower, for example)
40. Do, __, __...
41. "__ __ I?" (Les Miserables query)
42. "Step ___ __!" (Pick up the pace!)
43. Travelled
45. Calgary-born songstress Jann
46. Actual
47. Not their
49. Disney deer
50. Vroomer
52. Johann __ (The Swiss Family Robinson author)
55. Fruit cocktail ingredient
57. Sort of sign
59. Government takeovers
61. Opened slightly
64. British Columbia/Washington State: Strait of Georgia, Juan de Fuca Strait and Puget Sound, as these three waterways are collectively known: 2 wds.
66. DWTS judge
67. Gilbert & Sullivan operetta of 1885: 2 wds.
68. Ms. Moorehead
69. "Hunger of the Pine" rock band: __-J
70. Burdened
71. Strengths

Down
1. Use a sieve
2. Largest continent
3. Pacific Northwest seabird: 2 wds.
4. Like Paul McCartney's instrument
5. Behave
6. "...there __ __ square."
7. Cartoon canine
8. Vietnam's capital city
9. Postscript
10. TV production co.
11. #45-Across' "Insensitive" album: 3 wds.
12. George Harrison's "Isn't It _ __"
13. "_ __ to recall..."
16. Steal
20. Rep.'s rival
23. Bar drink
25. RCMP's French acronym
27. __ Khalifa (World's tallest building in Dubai, UAE)
28. Early afternoon, __ _'clock
30. Greyish
32. 'Origin' suffix
34. 'Billion' suffix
36. Lake tester
37. Wristwatch brand
38. Nothing: French
39. Famous volcano
41. Canadian broadcaster Bill (Trivia! He hosted at both MuchMusic and MuchMoreMusic)
44. "Uh-uh."
45. 'Hect' add-on
48. Increases
50. __ Rica
51. Menotti opera, __ and the Night Visitors
53. "Sorry to hear that.": 2 wds.
54. "Blue __ Shoes"
56. Pirate's annoyance!
58. Classic game
60. Peacock: French
62. Freshly
63. Singer Diana
65. 'S' of RSVP
66. Baseball __

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

2	6	1	4	8	7	3	5	9
7	3	8	1	5	9	6	2	4
4	9	5	3	2	6	1	8	7
5	7	3	6	4	2	8	9	1
8	1	9	7	3	5	4	6	2
6	4	2	8	9	1	5	7	3
9	2	4	5	1	8	7	3	6
3	5	6	2	7	4	9	1	8
1	8	7	9	6	3	2	4	5

Conceptis Sudoku

By Dave Green

		3				1		
	6		3		5		2	
4		8		2		6		9
	7		2		1		8	
		2				5		
	1		8		4		7	
6		4		7		2		8
	3		6		9		5	
		7				9		

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Vancouver Public Library
Citizenship and Immigration Canada
WelcomeBC

Q: What can **one person** do to make a **positive difference** for thousands of school children?

A: Vote **Public Education Project** & **Vision Vancouver** Saturday, **November 15th.**

Advance voting will take place over eight days (November 4 to 12, excluding November 11) and at eight locations, from 8am to 8pm.

Need information on voting and registration? See website: http://vancouver.ca/your-government/2014-municipal-election.aspx

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